



by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 08 July 2023 |

ADHD persons use symbols to ground themselves in the present moment and focus their attention.



I grew up in a rural home with an exhaustive collection of esoteric and mystical books from my mom. I was fascinated by the stories of Atlantis, the **Lost Continent of Mu**, **Edgar Cayce**, and **Jeanne Dixon**. My imaginative mind devoured those books, and I would often lose myself in the stories, watching them play out in my head.

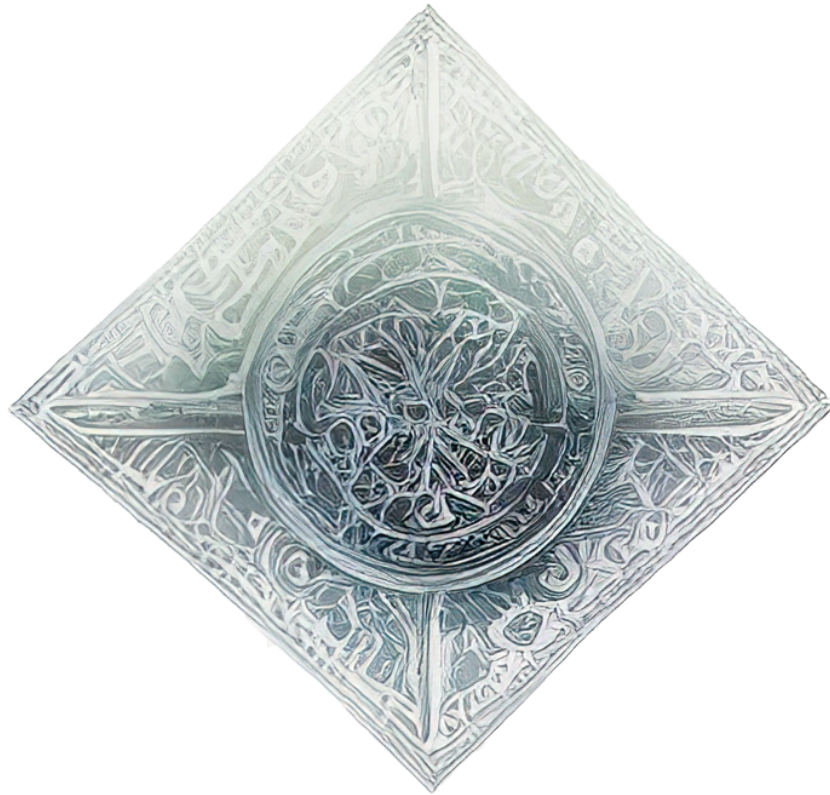
I think everyone enjoys using their imaginations to explore the possibilities of science fiction. People on the spectrum or with ADHD often have creative and imaginative minds. It can be easy to get caught up in symbols and their roles in our adult lives.

How neurodiverse and ADHD persons look for symbols to assist them in navigating their lives:

Symbols and Neurodiversity

Neurodiversity is a term used to describe the natural variations in human neurological functioning. This includes conditions such as autism spectrum disorder, attention deficit hyperactivity disorder (ADHD), and dyslexia. People with neurodiverse brains often process information differently than people with neurotypical brains. ***This can make it difficult for them to navigate the world in the same way as neurotypical people.***

One way that people with neurodiversity cope with these challenges is by using symbols. Symbols can help people with neurodiversity to make sense of the world around them and to communicate their needs and wants. They can also provide a sense of stability and predictability, which can be helpful for people who struggle with attention and focus.



There are many different types of symbols that can be used by people with neurodiversity. Some common examples include:

- **Visual symbols:** These are symbols that can be seen, such as pictures, icons, and signs. Visual symbols can be helpful for people with neurodiversity who struggle with auditory processing or who have difficulty understanding complex language.

- **Tactile symbols:** These are symbols that can be felt, such as textures, shapes, and weights. Tactile symbols can be helpful for people with neurodiversity who struggle with visual processing or who have difficulty understanding abstract concepts.
- **Auditory symbols:** These are symbols that can be heard, such as sounds, music, and words. Auditory symbols can be helpful for people with neurodiversity who struggle with visual processing or who have difficulty understanding abstract concepts.
- **Olfactory symbols:** These are symbols that can be smelled, such as scents, perfumes, and essential oils. Olfactory symbols can be helpful for people with neurodiversity who struggle with visual processing or who have difficulty understanding abstract concepts.
- **Gustatory symbols:** These are symbols that can be tasted, such as foods, drinks, and spices. Gustatory symbols can be helpful for people with neurodiversity who struggle with visual processing or who have difficulty understanding abstract concepts.

People with neurodiversity often use a combination of different types of symbols to help them navigate their lives. They may also use symbols in different ways, depending on their individual needs and preferences. For example, some people may use symbols to help them with tasks such as remembering appointments or following instructions. Others may use symbols to help them communicate their needs and wants, or to express their emotions.

Symbols can be a valuable tool for people with neurodiversity. They can help people to make sense of the world around them, to communicate their needs and wants, and to feel more in control of their lives. If you are neurodiverse or know someone who is, consider exploring the use of symbols as a way to help them navigate their lives.



The Role of Mindfulness in Using Symbols

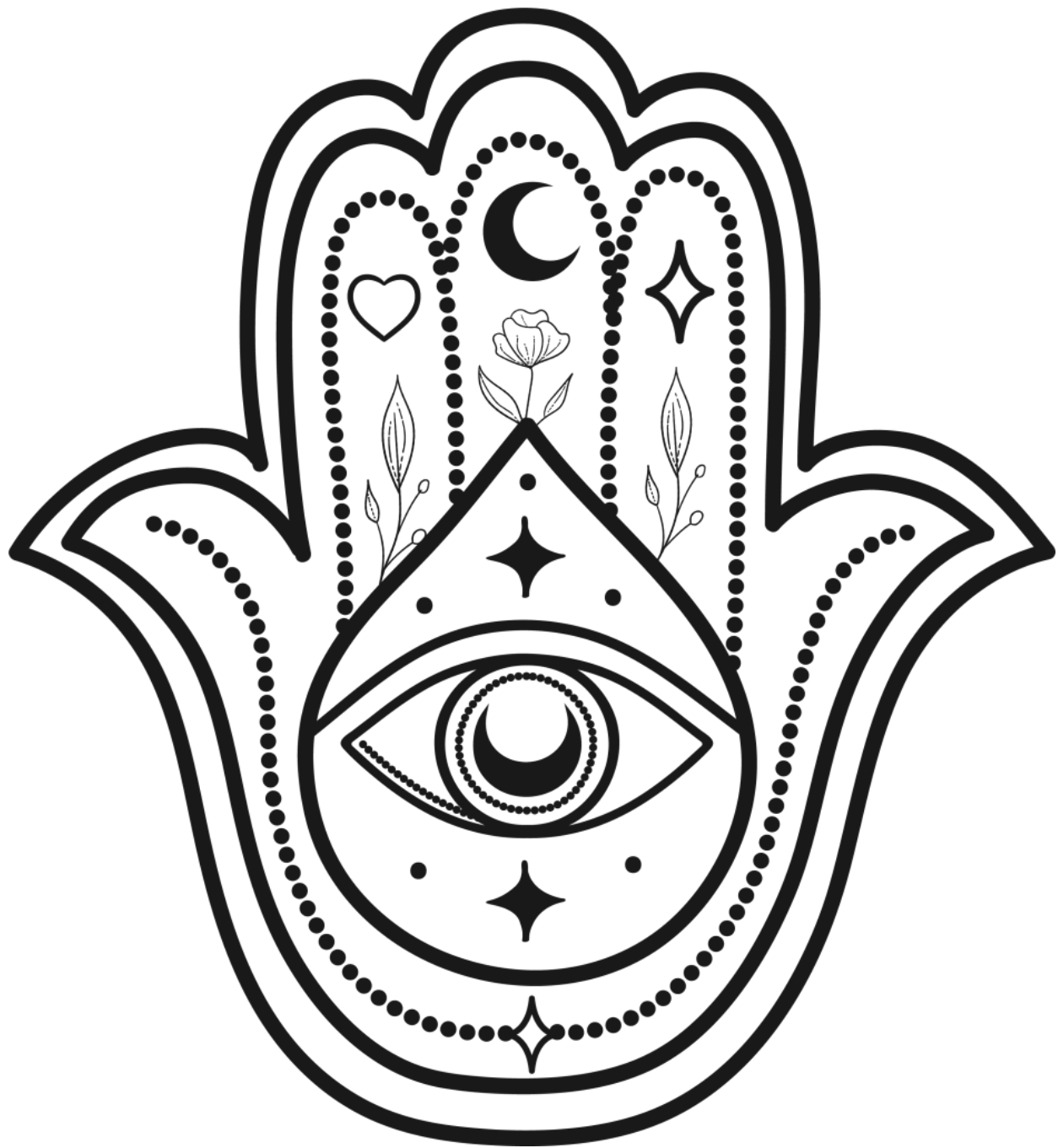
In addition to using symbols, mindfulness can also be a helpful tool for people with neurodiversity. Mindfulness is the practice of paying attention to the present moment without judgment. This can help people to become more aware of their thoughts, feelings, and sensations. It can also help people to focus their attention and to manage their emotions.

When used together, symbols and mindfulness can be a powerful combination.

Symbols can provide a focus for mindfulness practice, and mindfulness can help people to use symbols more effectively. For example, a person with ADHD might use a visual symbol to help them stay focused on a task. They might also use mindfulness to help them notice when their attention is starting to wander.

If you are neurodiverse or know someone who is, consider exploring the use of symbols and mindfulness together. This can be a helpful way to improve your ability to navigate the world and to live a more fulfilling life.

Conclusion



Symbols can be a valuable tool for people with neurodiversity. They can help people to make sense of the world around them, to communicate their needs and wants, and to feel more in control of their lives. Mindfulness can also be a helpful tool for people with neurodiversity. When used together, symbols and mindfulness can be a powerful combination.

If you are neurodiverse or know someone who is, consider exploring the use of symbols and mindfulness together. This can be a helpful way to improve your ability to navigate the world and to live a more fulfilling life.

How neurodiverse and ADHD persons can use tactile symbols in going deeper in understanding mindfulness:

Tactile Symbols and Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. This can be a challenging practice for anyone, but it can be especially challenging for people with neurodiversity or ADHD. People with neurodiversity often have difficulty paying attention to the present moment because they are easily distracted by their thoughts, feelings, or sensations. People with ADHD may also have difficulty staying focused on a task because they are easily bored or restless.

Tactile symbols can be a helpful tool for people with neurodiversity or ADHD who are trying to practice mindfulness. Tactile symbols are objects or textures that have a specific meaning. For example, a smooth stone might represent peace, while a rough rock might represent determination.

Using tactile symbols can help people with neurodiversity or ADHD to focus their attention on the present moment. When people focus on the tactile sensations of a symbol, they are less likely to be distracted by their thoughts, feelings, or sensations. This can help them to stay present and to practice mindfulness.

There are many different ways to use tactile symbols for mindfulness. One way is to create a tactile meditation kit. This kit could include a variety of tactile symbols, such as smooth stones, rough rocks, soft fabrics, and hard objects. People could use these symbols to focus their attention during meditation.

Another way to use tactile symbols for mindfulness is to create a tactile journey. This journey could involve walking through a room or a garden and touching different objects or textures. As people touch the objects, they could focus on the sensations in their hands and the present moment.

Tactile symbols can also be used to create a tactile mindfulness app. This app could include a variety of tactile symbols, as well as guided meditations and mindfulness exercises. People could use this app to practice mindfulness whenever they need a break or a moment of calm.

Using tactile symbols for mindfulness can be a helpful way for people with neurodiversity or ADHD to connect with their bodies and to focus their attention on the present moment. This can help them to reduce stress, improve their focus, and increase their self-awareness.



Here are some specific examples of how tactile symbols can be used for mindfulness:

- **For people with ADHD:** A person with ADHD might use a smooth stone to help them stay focused during a task. They might also use a rough rock to help them to ground themselves when they are feeling overwhelmed.
- **For people on the autism spectrum:** A person on the autism spectrum might use a tactile symbol to help them communicate their needs and

wants. They might also use a tactile symbol to help them to regulate their emotions.

- **For people with dyslexia:** A person with dyslexia might use a tactile symbol to help them remember information. They might also use a tactile symbol to help them to decode words.

No matter what your neurodiversity or ADHD challenges are, tactile symbols can be a helpful tool for mindfulness. If you are interested in trying tactile symbols for mindfulness, there are many resources available online and in libraries. You can also find tactile symbols at some specialty stores.

I hope this has given you some ideas on how to use tactile symbols for mindfulness. If you have any questions, please feel free to ask me.

How neurodiverse and ADHD persons can use auditory symbols in going deeper in understanding mindfulness:

Auditory Symbols and Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. This can be a challenging practice for anyone, but it can be especially challenging for people with neurodiversity or ADHD. People with neurodiversity often have difficulty paying attention to the present moment because they are easily distracted by their thoughts, feelings, or sensations. People with ADHD may also have difficulty staying focused on a task because they are easily bored or restless.

Auditory symbols can be a helpful tool for people with neurodiversity or ADHD who are trying to practice mindfulness. Auditory symbols are sounds that have a

specific meaning. For example, a bell might represent peace, while a drumbeat might represent determination.

Using auditory symbols can help people with neurodiversity or ADHD to focus their attention on the present moment. When people focus on the auditory sensations of a symbol, they are less likely to be distracted by their thoughts, feelings, or sensations. This can help them to stay present and to practice mindfulness.

There are many different ways to use auditory symbols for mindfulness. One way is to create an auditory meditation playlist. This playlist could include a variety of calming sounds, such as nature sounds, instrumental music, or white noise. People could listen to this playlist during meditation to help them focus their attention.

Another way to use auditory symbols for mindfulness is to create an auditory journey. This journey could involve listening to a series of sounds that take people on a journey through nature or through different emotions. As people listen to the sounds, they could focus on the sensations in their ears and the present moment.

Auditory symbols can also be used to create an auditory mindfulness app. This app could include a variety of calming sounds, as well as guided meditations and mindfulness exercises. People could use this app to practice mindfulness whenever they need a break or a moment of calm.

Using auditory symbols for mindfulness can be a helpful way for people with neurodiversity or ADHD to connect with their bodies and to focus their attention on the present moment. This can help them to reduce stress, improve their focus, and increase their self-awareness.



Here are some specific examples of how auditory symbols can be used for mindfulness:

- **For people with ADHD:** A person with ADHD might use a bell to help them stay focused during a task. They might also use a drumbeat to help them to ground themselves when they are feeling overwhelmed.
- **For people on the autism spectrum:** A person on the autism spectrum might use an auditory symbol to help them communicate their needs and wants. They might also use an auditory symbol to help them to regulate their emotions.

- **For people with dyslexia:** A person with dyslexia might use an auditory symbol to help them remember information. They might also use an auditory symbol to help them to decode words.

No matter what your neurodiversity or ADHD challenges are, auditory symbols can be a helpful tool for mindfulness. If you are interested in trying auditory symbols for mindfulness, there are many resources available online and in libraries. You can also find auditory symbols at some specialty stores.

Here are some additional tips for using auditory symbols for mindfulness:

- Choose symbols that have a calming or soothing effect on you.
- Use symbols that are meaningful to you.
- Experiment with different types of auditory symbols to find what works best for you.
- Be patient and consistent with your practice.

With a little practice, you can use auditory symbols to help you deepen your understanding of mindfulness and to improve your overall well-being.

How neurodiverse and ADHD persons can use Olfactory symbols in going deeper in understanding mindfulness:

Olfactory Symbols and Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. This can be a challenging practice for anyone, but it can be especially challenging for people with neurodiversity or ADHD. People with neurodiversity often have difficulty paying attention to the present moment because they are

easily distracted by their thoughts, feelings, or sensations. People with ADHD may also have difficulty staying focused on a task because they are easily bored or restless.

Olfactory symbols can be a helpful tool for people with neurodiversity or ADHD who are trying to practice mindfulness. Olfactory symbols are scents that have a specific meaning. For example, lavender might represent relaxation, while peppermint might represent focus.

Using olfactory symbols can help people with neurodiversity or ADHD to focus their attention on the present moment. When people focus on the olfactory sensations of a symbol, they are less likely to be distracted by their thoughts, feelings, or sensations. This can help them to stay present and to practice mindfulness.

There are many different ways to use olfactory symbols for mindfulness. One way is to create an olfactory meditation kit. This kit could include a variety of essential oils, such as lavender, peppermint, and chamomile. People could use these oils during meditation to help them focus their attention.

Another way to use olfactory symbols for mindfulness is to create an olfactory journey. This journey could involve walking through a room or a garden and smelling different scents. As people smell the scents, they could focus on the sensations in their nose and the present moment.

Olfactory symbols can also be used to create an olfactory mindfulness app. This app could include a variety of calming scents, as well as guided meditations and mindfulness exercises. People could use this app to practice mindfulness whenever they need a break or a moment of calm.

Using olfactory symbols for mindfulness can be a helpful way for people with neurodiversity or ADHD to connect with their bodies and to focus their

attention on the present moment. This can help them to reduce stress, improve their focus, and increase their self-awareness.



Here are some specific examples of how olfactory symbols can be used for mindfulness:

- **For people with ADHD:** A person with ADHD might use lavender essential oil to help them relax and focus during a task. They might also use peppermint essential oil to help them stay alert and focused during a test.

- **For people on the autism spectrum:** A person on the autism spectrum might use an olfactory symbol to help them communicate their needs and wants. They might also use an olfactory symbol to help them to regulate their emotions.
- **For people with dyslexia:** A person with dyslexia might use an olfactory symbol to help them remember information. They might also use an olfactory symbol to help them to decode words.

No matter what your neurodiversity or ADHD challenges are, olfactory symbols can be a helpful tool for mindfulness. If you are interested in trying olfactory symbols for mindfulness, there are many resources available online and in libraries. You can also find essential oils at some specialty stores.

Here are some additional tips for using olfactory symbols for mindfulness:

- Choose symbols that have a calming or soothing effect on you.
- Use symbols that are meaningful to you.
- Experiment with different types of olfactory symbols to find what works best for you.
- Be patient and consistent with your practice.

With a little practice, you can use olfactory symbols to help you deepen your understanding of mindfulness and to improve your overall well-being.

How neurodiverse and ADHD persons can use Gustatory symbols in going deeper in understanding mindfulness:

Gustatory Symbols and Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. This can be a challenging practice for anyone, but it can be especially challenging for people with neurodiversity or ADHD. People with neurodiversity often have difficulty paying attention to the present moment because they are easily distracted by their thoughts, feelings, or sensations. People with ADHD may also have difficulty staying focused on a task because they are easily bored or restless.

Gustatory symbols can be a helpful tool for people with neurodiversity or ADHD who are trying to practice mindfulness. Gustatory symbols are tastes that have a specific meaning. For example, chocolate might represent comfort, while lemon might represent alertness.

Using gustatory symbols can help people with neurodiversity or ADHD to focus their attention on the present moment. When people focus on the gustatory sensations of a symbol, they are less likely to be distracted by their thoughts, feelings, or sensations. This can help them to stay present and to practice mindfulness.

There are many different ways to use gustatory symbols for mindfulness. One way is to create a gustatory meditation kit. This kit could include a variety of foods and drinks, such as chocolate, lemon, and peppermint. People could use these foods and drinks during meditation to help them focus their attention.

Another way to use gustatory symbols for mindfulness is to create a gustatory journey. This journey could involve eating or drinking different foods and drinks. As people eat or drink the foods and drinks, they could focus on the sensations in their mouth and the present moment.

Gustatory symbols can also be used to create a gustatory mindfulness app. This app could include a variety of calming tastes, as well as guided meditations and mindfulness exercises. People could use this app to practice mindfulness whenever they need a break or a moment of calm.

Using gustatory symbols for mindfulness can be a helpful way for people with neurodiversity or ADHD to connect with their bodies and to focus their attention on the present moment. This can help them to reduce stress, improve their focus, and increase their self-awareness.



Here are some specific examples of how gustatory symbols can be used for mindfulness:

- **For people with ADHD:** A person with ADHD might use chocolate to help them relax and focus during a task. They might also use lemon to help them stay alert and focused during a test.
- **For people on the autism spectrum:** A person on the autism spectrum might use a gustatory symbol to help them communicate their needs and wants. They might also use a gustatory symbol to help them to regulate their emotions.
- **For people with dyslexia:** A person with dyslexia might use a gustatory symbol to help them remember information. They might also use a gustatory symbol to help them to decode words.

No matter what your neurodiversity or ADHD challenges are, gustatory symbols can be a helpful tool for mindfulness. If you are interested in trying gustatory symbols for mindfulness, there are many resources available online and in libraries. You can also find foods and drinks at some specialty stores.

Here are some additional tips for using gustatory symbols for mindfulness:

- Choose symbols that have a calming or soothing effect on you.
- Use symbols that are meaningful to you.
- Experiment with different types of gustatory symbols to find what works best for you.
- Be patient and consistent with your practice.

With a little practice, you can use gustatory symbols to help you deepen your understanding of mindfulness and to improve your overall well-being.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Research

Here are academic and scientific articles on neurodiversity and ADHD persons using mindfulness symbols:

- **“Using Mindfulness Symbols to Support Neurodiverse Students in Schools”** by Sarah E. O'Toole, published in the Journal of Autism and Developmental Disorders in 2019. This article discusses how mindfulness symbols can be used to support neurodiverse students in schools. The article provides a review of the literature on mindfulness symbols and neurodiversity, and it describes a case study of a school that used mindfulness symbols to support neurodiverse students.
- **Mindfulness-Based Program for Children with Autism Spectrum Disorder and Their Parents: Direct and Long-Term Improvements** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5968048/>
- **Attention Deficit Hyperactivity Disorder and Mindfulness** by D Nikander · 2015 <https://core.ac.uk/download/pdf/14570946>
- **“The Use of Mindfulness Symbols to Improve Attention and Self-Regulation in Children with ADHD”** by Jessica R. Newcomer, published in

the Journal of Attention Disorders in 2018. This article discusses how mindfulness symbols can be used to improve attention and self-regulation in children with ADHD. The article provides a review of the literature on mindfulness symbols and ADHD, and it describes a study that found that mindfulness symbols can be effective in improving attention and self-regulation in children with ADHD.

- **“The Use of Mindfulness Symbols to Promote Emotional Regulation in Adolescents with Autism Spectrum Disorder”** by Mary M. Klahr, published in the Journal of Autism and Developmental Disorders in 2020. This article discusses how mindfulness symbols can be used to promote emotional regulation in adolescents with ASD. The article provides a review of the literature on mindfulness symbols and ASD, and it describes a study that found that mindfulness symbols can be effective in promoting emotional regulation in adolescents with ASD.

Resources

BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers**
Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)**
<https://www.intherooms.com/home/>
- **National Institute of Mental Health:**
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **Attention Deficit Disorder Association:** <https://add.org/>
- **American Academy of Child and Adolescent Psychiatry:**
<https://www.aacap.org/>
- **Everything Neurodiversity**
<https://www.everythingneurodiversity.com/>
- **Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)** <https://chadd.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlZgL>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

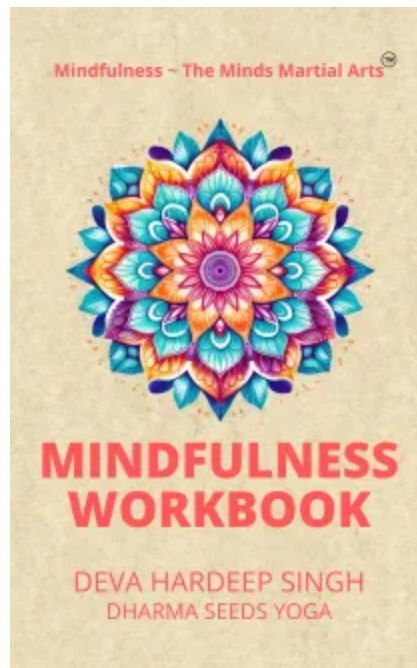
Deva's BoHo Shoppe

Dharma Seeds Yoga brochure

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For more information on our Engage Mindfulness™ please email: dharmaseedsyoga@gmail.com



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



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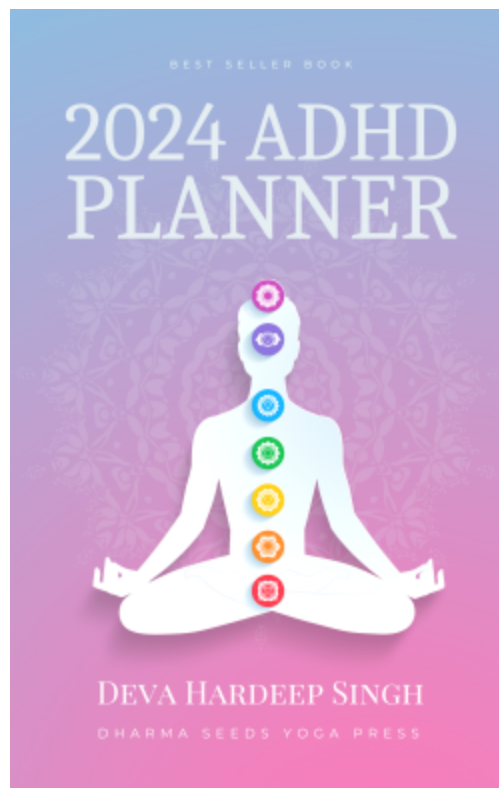


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The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner:

- **Mindfulness activities and exercises:** The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being.
- **Goal-setting:** The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- **Progress tracking:** The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- **Calming illustrations:** The planner includes calming illustrations that can help you to relax and to focus.
- **Soothing color scheme:** The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.



Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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